



KEY LARGO

522 Caribbean Drive • 305.453.1905

Breakfast, Lunch & Dinner
Featuring Fresh Local Fish

Open Late!

Live Music
Happy Hour Every Day
Craft Beer
Sports Headquarters

Locals' Favorite! On the Water

ON THE MAP

You Can Trust The Professionals at

WHEATON'S
SERVICE CENTER
Quality Service Since 1972

AMERICAN & FOREIGN CARS, TRUCKS
S.U.V.s, VANS, TRAILERS & R.V.s

- Certified Mechanics
- Exhaust Systems
- Brakes
- Tune-Ups
- Tire Sales & Repairs
- Air Conditioning
- Coolant & Transmission Flushes
- Regular & Synthetic Oil Changes

MINOR & MAJOR REPAIRS

305-451-3500
MM 101.5 • KEY LARGO

ON THE MAP

24 HOUR EMERGENCY SERVICE

ANIMAL CARE CLINIC
Compassionate Health Care for Your Animal Friends

Geoff Bailey, DVM
Office Hours: MON-FRI 8-5; SAT 8-1
Medicine • Surgery • Dentistry
Digital Radiology • Endoscopy
Lab Diagnostics • Microchip ID
Boarding • Grooming • Drop-Offs

~ House Calls Available ~
Appointments 6 Days a Week

Hospital Member
AAHA AMERICAN ANIMAL HOSPITAL ASSOCIATION
Excellence in Small Animal Care

305 453-0044
MM100.6 Bayside • Key Largo
www.animalcareclinickeylargo.com

ON THE MAP

IF YOU WANT RESULTS --- CALL US --- WE GET THE JOB DONE!!!

THE WASMUND TEAM
TROPICAL REALTY OF THE FLORIDA KEYS, INC.
MM 103 BAYSIDE

BROKER/OWNER


Jane: 305-451-2214
CRS, GRI, Short Sale Specialist

OWNER


Wendy: 305-394-1376
GRI

We're a Mother-Daughter Team
and we handle your real estate needs with integrity and professionalism. Let our 30+ years of combined experience work for you!

NOW IS A GOOD TIME TO LIST YOUR HOME

GET STARTED... CALL US TODAY!

janewasmund@bellsouth.net www.thewasmundteam.com

ON THE MAP

Key Largo

In Key Largo, we navigate by Mile Markers! Look for the little green signs and mile indicators on power poles to find your way.

Legend

- U.S. Highway
- State Highway
- Boat Ramp
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins



Bayside
LITTLE BLACKWATER SOUND, BARNES SOUND, BLACKWATER SOUND, LITTLE BUTTWOOD SOUND, BUTTWOOD SOUND, ROCK HARBOR, SUNSET COVE, Wild Bird Rehabilitation Center, Mariners Hospital, Harry Harris Park & Beach, Molasses Reef, Duane

Oceanside
To Miami, To Ocean Reef, GARDEN COVE, John Pennkamp Coral Reef State Park, Caryfort, North - The Elbow Dry Rocks, City of Washington, Christ Statue, Grecian Rocks, Florida Keys National Marine Sanctuary, Spiegel Grove, Benwood, French Reef, Alligator

ON THE MAP

KEY LARGO CHOCOLATES

HANDMADE CHOCOLATES
KEY LIME PIE ON A STICK
ICE CREAM • FUDGE
KEY LIME PIES

FREE SAMPLES with this ad

MM 100 1/2 BAYSIDE
www.keylargochochocolates.com • 305-453-6613

KEY LARGO SEA GLASS JEWELRY
NOW AVAILABLE IN OUR GIFT SHOP

ON THE MAP

Key Largo
Sea Glass Jewelry

Beautiful pendants made in Key Largo.

KEY LARGO CHOCOLATES
MM 101.5 • 305-453-6613

KEYS DIVER
MM 99.7 • 305-451-1177

ON THE MAP

New Ownership D-HOOKER
A FAMILY SPORTS BAR & GRILL

TUESDAY SPECIAL
Every Tuesday 5pm to Close
Enjoy an 8-to-9 oz.
Ribeye Steak,
Florida Lobster Tail
and Loaded Baked Potato
for just \$12.99

HAPPY HOUR
Mon - Fri
4-6 pm
50% All Liquor

LUNCH
11:30 AM - 4:00 PM
Daily Lunch & Dinner Specials

Welcome Back
LOCALS
& Ocean Reef Members
10% OFF MEALS

(305) 451-4105
www.D-Hooker.net
MM 102.3 • Bayside, Key Largo

ON THE MAP

Tina's Terrific!

Specializing in
Color & Highlights
and the Latest Haircut Trends

Offering
Cinderella
Hair Extensions
Free Consultation

See Tina at **Linda Lee's Hairport**
103200 Overseas Hwy (Plaza 103, by Num Thai)
451-3455

COCONUT TELEGRAPH CLASSIFIEDS

BUYING

Buyers agent is buying old things. Old costume jewelry, furniture, antiques and anything old of value. Call now and leave message 305-304-2837

BOOTH SPACE

Island Market has inside air-conditioned table space available for \$50 a weekend. Call Alice 609-287-1767

PERSONALS

Send us your ad to go into the Classifieds.

MUSICIANS WANTED

Amateur musicians wanted! The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 451-4530.

CLUBS

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Community Room 7pm. Free/open to the public. 451-3000

The Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes and audition for roles! Go to: www.thekeyplayers.org

Your Ad Here

Send us your ad!

WE BUY COINS
No collection too large or too small. We pay cash on the spot and we offer private consultation in our location or yours. Call Bill at 305.942.0911.

Classified ads will not be accepted without payment.

The Importance of Sleep Healthful Slumber



Regular periods of sleep are key to a healthy body and a clear mind. During sleep your body renews itself.

When life gets busy, sleep is often the first activity that we sacrifice. Considered a luxury by many busy people, sleep is actually as vital to sustaining a balanced life as are breathing, eating, and drinking. Getting sufficient sleep can be a potent energizer, just as not getting enough sleep can leave you feeling drained and sluggish.

While eight hours is the average amount of sleep most adults should generally aim for, the right amount of sleep varies for each person. Some people may thrive on just four hours, while others don't feel well rested unless they've slept for ten hours.

How much we sleep also varies, depending upon where we are in life. Young people often need more sleep, while older people may need less. The benefits of sleep always stay the same.

Regular and consistent periods of wakefulness and sleep are key ingredients to fostering a healthy body and a clear mind. It is during sleep that your body renews itself.

The ability to forgo sleep is considered by some to be an

asset. But while it may seem that the nighttime hours can be better used for more productive activities, sleep in itself is extremely productive.

During sleep, your body and psyche are both regaining their strength for the coming day. You may even have the unique opportunity to explore the hidden recesses of your personality while you dream. Meanwhile, your long-term memories are reinforced.

Many cultures engage in an afternoon siesta. Taking a nap is refreshing and can increase both productivity and creativity. Author Lewis Carroll is said to have conceived his idea for Alice in Wonderland while dreaming.

A good night's sleep also has been known to bring with it the gifts of clarity, wisdom, and a fresh perspective. Even the ancient Greeks thought of sleep as a gift from the gods. Give yourself the gift of peaceful slumber and you will likely find yourself feeling alert, refreshed, and ready for life's challenges. You may also find yourself feeling more centered, thoughtful, and aware throughout the day so you can live your full potential.

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